



Heart in a Drawer

EXPLORING HURT, HEALING AND HOPE AS AN ADULT CHILD OF DIVORCE

Episode 16 Meditation Verse:

I am suffering and in pain. Rescue me, O God, by your saving power.
Psalm 69:29 NLT

Write the verse out three times below to hide it in your heart and mind.

1.

2.

3.

Reflection Questions:

Which coping mechanisms did you use most frequently as a child?

How will you use Psalm 69 or any other scripture when your pain is triggered?



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How We Handle Our Pain - from Ch. 4 in *Take Your Life Back*

In which ways are you handling your pain with these destructive mechanisms? Rate them as never, sometimes or usually.

Deny

Isolate

Minimize

Comply

Adhere

Deceive

Placate

Cover

Enable

Control

Attack

Isolate

Review your answers, and turn the ones ranked moderate or high over to God in prayer. Also, consider getting help from a qualified counselor or pastor to learn how to choose healthier methods of coping with your pain.